What is claimed is:

1. A liquid crystal display element configured by holding a liquid crystal layer between a pair of substrates arranged to face to each other, wherein:

a twisted nematic type liquid crystal material used in said liquid crystal layer satisfies dielectric constant anisotropy $\Delta\varepsilon$ of $0<\Delta\varepsilon<8$ and twist elasticity modulus K22 of $K22 > 6.0$ pN when the refractive index anisotropy Δn is $0.16 \leq \Delta n \leq 0.18$.

2. A liquid crystal display element configured by holding a liquid crystal layer between a pair of substrates arranged to face to each other, wherein:

a twisted nematic type liquid crystal material used in said liquid crystal layer satisfies dielectric constant anisotropy $\Delta\varepsilon$ of $0 < \Delta\varepsilon < 13$ and twist elasticity modulus K22 of $K22 > 3.0$ pN when the refractive index anisotropy Δn is $0.18 \leq \Delta n \leq 0.20$.

3. A liquid crystal display element as set forth in claim 1, wherein a range of a cell gap d indicating a distance between said substrates of said liquid crystal display element is $2.0\ \mu m \leq d \leq 3.0\ \mu m$.

4. A liquid crystal display element as set forth in claim 2, wherein a range of a cell gap d indicating a distance between said substrates of said liquid crystal display element is 2.0 μm ≤ d ≤ 3.0 μm.

5. A liquid crystal display element as set forth in claim 1, wherein a range of a pixel size of a pixel of said liquid crystal display element is 18 μm or less.

6. A liquid crystal display element as set forth in claim 2, wherein a range of a pixel size of a pixel of said liquid crystal display element is 18 μm or less.

7. A projection type display device comprising:

a light source;

a light convergence optical system for guiding a light emitted from said light source to a liquid crystal display element; and

a projection optical system for enlarging and projecting a light subjected to light modulation by said liquid crystal display element;

wherein said liquid crystal display element is configured by holding a liquid crystal layer between a pair of substrates arranged to face to each other, and

a twisted nematic type liquid crystal

material used in said liquid crystal layer satisfies dielectric constant anisotropy $\Delta\varepsilon$ of $0 < \Delta\varepsilon < 8$ and twist elasticity modulus K22 of $K22 > 6.0$ pN when the refractive index anisotropy Δn is $0.16 \leq \Delta n \leq 0.18$.

8. A projection type display device comprising:

a light source;

a light convergence optical system for guiding a light emitted from said light source to a liquid crystal display element; and

a projection optical system for enlarging and projecting a light subjected to light modulation by said liquid crystal display element;

wherein said liquid crystal display element is configured by holding a liquid crystal layer between a pair of substrates arranged to face to each other, and

a twisted nematic type liquid crystal material used in said liquid crystal layer satisfies dielectric constant anisotropy $\Delta\varepsilon$ of $0 < \Delta\varepsilon < 13$ and twist elasticity modulus K22 of $K22 > 3.0$ pN when the refractive index anisotropy Δn is $0.18 \leq \Delta n \leq 0.20$.